



IRENE NEWS

22 May 2017

No 20 - 2017



ACHIEVEMENTS

The following members were on the podium at the Grove Mall:

Jaap Willemse	1 st GM walker – 10 km (60:33)
Rhoda Willemse	3 rd Lady walker – 10 km (60:51)
Johan Nel	1 st GM – 21 km (1:34:45)
Iain McFadyen	1 st GGM – 21 km (1:56:38)
Gerard van den Raad	1 st GGM walker – 21 km (1:25:09)
Sandra Steenkamp	1 st Lady walker & 1 st master – 21 km (2:10:26)
Elsa Meyer	1 st GGM lady walker & 3 rd lady – 21 km (2:22:39)

Congratulations!

PERSONAL ACHIEVEMENTS

Ilze du Rand	PB – 10 km
Sandi Cloete	PB – 21 km
Martin Struwig	PB – 21 km
Riaan Lombard	PB – 21 km
Johan Tadman	PB – 21 km

THIS WEEK'S DIARY

Tuesday:

Time trials at 17:15 at the club house

Thursday:

Packing of Comrades goody bags at 18:00 – Club house

Saturday:

Super Spar Hercules Skosana 5/10 at 07:00 – The Super Spar, Moot Street, Hercules

Comrades pre-function at 11:00 – Club house

Sunday:

Comrades Church Service at 18:00 – NG Kerk Valleisig

MODERN
athlete

COMRADES GOODY BAGS

The packing of the Comrades goody bags will take place at the Club house on Thursday evening at 18:00. We need a few helpers please. It is always great fun and will take about an hour of your time.

As always there will be soup and sherry afterwards to enjoy.

Please let me know if you will be able to help.

COMRADES PRE-FUNCTION

The Comrades pre-function will take place on Saturday, 27 May. As always it will be a motivational occasion where the goody bags will be handed out with a lovely meal afterwards. The meal will cost R50 pp. Starting time 11:00.

More details about the menu will follow during the week.

Runners who have ordered Comrades T-shirts will be able to collect it.

There will be a jumping castle for the kids.

Please bring your own chairs.

Joey Evans and Nick Bester will be our motivational speakers this year. Non-Comrades runners are also invited to attend.

Joey Evans

Joey was paralyzed in an accident during a motocross race in 2007 at the age of 32. He didn't accept his fate and fought back from a paraplegic to a Dakar racer. He has completed several marathons and ultra-marathons, hiked the fish river canyon and otter trail, finished the Roof of Africa enduro, raced in the Botswana desert 1000 and the only South African biker to complete the 2017 Dakar Rally. He has ridden his dirt bike throughout South Africa as well as Mozambique, Swaziland, Lesotho, Botswana, Namibia, Morocco, Bolivia, Argentina and Paraguay.

Nick Bester

Nick was given many nicknames over the years: Yster Bester, the Iron Man, Ultraman and Comrade Nick. But one thing is for sure – Nick Bester's name is synonymous with some of the toughest athletic challenges. It's a name that will go down in the record books as one of South Africa's top all-round athletes, a man who won the Comrades Marathon (9 gold and 6 silver medals), who was SA duathlon champion, SA triathlon champion, Ultraman winner, Ironman winner and Duzi gold medallist.

COMRADES SUPPORT STATIONS

There will be three Irene support stations on the Comrades route this year. One at Hillcrest at about 30 km (Rudolph du Toit), one on top of Inchanga at about 50 km (Bets Botha) and the main one at Camperdown with about 23 km to go (Paul Prinsloo). Irene members are invited to make use of these facilities to leave their special drinks and food at these stations.

You can start handing it in on Saturday at the function. It can also be done at the time trials on 30 May and finally at the Comrades Expo on 3 June. More details to follow.

COMRADES CHURCH SERVICE

You are all invited to attend the Comrades church service to be held next Sunday. The well-known gospel singer Jan de Wet and Comrades green number will be the preacher. Let's attend in big numbers as in the past.



Comrades Service

28 May

at 18:00

at

NG Valleisig



Jan de Wet

All are invited to attend the service for some
spiritual inspiration

Enquiries: Gideon Adriaanse 083-629-6693

Kollekte word by die deure opgeneem

PERSONALIA

Congratulations to everybody celebrating their birthdays during the week:

Brian	Marais	23 May
Charmaine	Van Rooyen	23 May
Sibusiso	Sibisi	24 May
Nadia	Barnard	25 May
Grazyna	Koornhof	25 May
Bertha	Van Den Raad	25 May
Hannelie	Collatz	26 May
Vanessa	McClure	26 May
Donny	Thebus	26 May
Minnette	Nel	28 May



NOTICE BOARD

Saturday 27 May Superspar Hercules Skosana Legend 10/5 km run/walk

Race Organisers: Run/Walk for Life

Venue: Superspar, Moort Street, Hercules, Pretoria

	10 km	5 km
Entry-fee	R 60	R 40
Start Time	07:00	
Cut-off	??:00	

Pre-entries at: Run-away Sport; The Runners Store Tramshed; Hercules Superspar

www.enteronline.co.za

Saturday 3 June

Race of Faith 5.20/10.23/14.87 km

Race Organisers: Run/Walk for Life

Venue: Silver Oaks Crossing; c/o von Backstrom Boulevard & Solomon Mahlangu Drive,
Willow Acres

GPS: S 25 45 57.57 E 28 21 31.80

	14.87 km	10.23 km	5.20 km
Entry-fee	R 60	R 50	R 40
Start Time	07:00		07:10
Cut-off	??:00		

Only the 5.20 km race is suitable for wheelchair athletes

No dogs allowed

Pre-entries at: Run-away Sport; The Runners Store



2017 AGN LEAGUE FIXTURE LIST				
EVENT	DIST	DATE	LEAGUE	
			RR	RW
RACE FOR FRIENDSHIP	10/21	24 Jun	X	X
LONG WALK/RUN FOR FREEDOM	10/21	22 Jul	X	X
MARCEL VAN'T SLOT	15	19 Aug	X	X
ADDICTED TO LIFE	10/21	9 Sep	X	X
JACARANDA CHALLENGE	10/21/42	14 Oct	X	X
KOLONNADE RETAIL PARK	10/21	11 Nov	X	X

SA MASTERS

Local meetings

12 Augustus 2017	Claude Sterley Memorial	Pilditch
? Sept/? October 2017	SWD	Oudtshoorn
11 November 2017	Free State	Bloemfontein

African Masters Track & Field Championship

Cameroon 27 – 29 May 2017

THOUGHT FOR THE WEEK

When your legs can't run anymore, run with your heart.



Photo Corner (The Grove)
Thanks to Rena van Wyk for the photos



Guess who are proud of their medals?



Kerry Trentham



Samantha Dry



Xiangjian Jia



Sandi Cloete



Danie Labuschagne and Sharleen Atkins



Rena and Tjaart van Wyk



Fanie and Estien van Wyngaard



Elizma Jooste



Jurie Venter



Shalati Maponopono



Amanda and Dirk Cloete



Elsa Meyer and Marie van Dyk



Renette Prinsloo and Pieter Olivier



Ilze du Rand